



Tofu and Pesto Pasta

Serves 8

Grab this stuff:

- » 2.5 lbs. **tofu**, firm (approx. 2.5 blocks)
- » 1 cup **pesto** (8 oz.)
- » 1 lb. dry **penne noodles**, whole grain

Let's get cooking:

Before you begin, press tofu to remove excess water. Put it on a baking tray with raised edge. Place another tray on top and add 3 to 5 lbs. of weight (ex: a container of water). After 20 to 30 minutes, discard accumulated liquid.

1. While pressing tofu, cook penne according to package directions. Drain.
2. Cube pressed tofu into bite-sized pieces ($\frac{1}{2}$ to 1 inch wide).
3. Combine pesto and penne in the pot used to boil noodles.
4. Add tofu and gently stir. Simmer 5 to 10 minutes. Serve.

Grow Fit Garden Add-Ons:

- 1/4 cup fresh chopped basil
- 1 cup fresh vegetables, chopped (ex: peppers or tomatoes)